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The Effects of Yoga Therapy on Quality of Life in Pediatric Patients with Oncological Diagnoses: A Systematic Review

Katherine Tota

Misericordia University, ktea777@aol.com

Taylor Harnish

Misericordia University, tayor96@gmail.com

Meredith Hartz

Misericordia University, meredithhartz11@gmail.com

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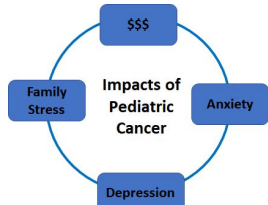
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INTRODUCTION

- Yoga therapy has become more common in physical therapy treatment to improve mood, anxiety, and fatigue for adults with cancer.
- Cancer has significant physical, emotional, and social effects on children and their families.
- Correlated with high rates of depression, anxiety, and has large financial implications.



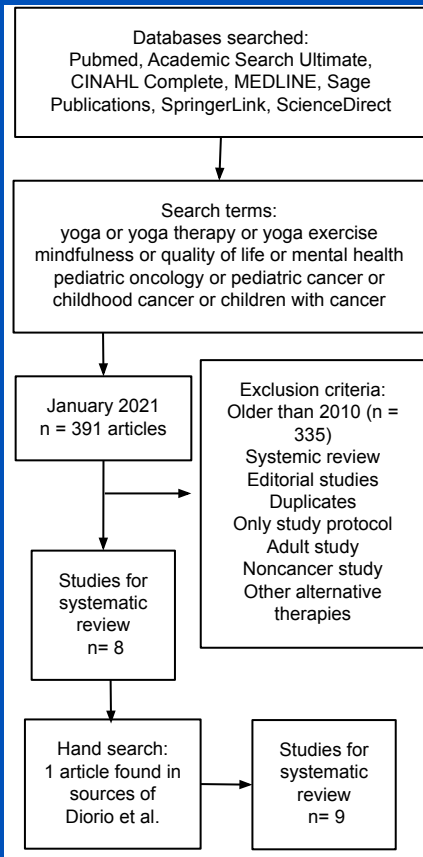
PURPOSE

The purpose of this study is to examine the effects of yoga therapy on overall quality of life in treatment of pediatric patients with cancer through a systematic review of literature.

METHODS

- Search conducted as depicted in Search Methodology flow chart.
- Articles were reviewed for relevance to topic and adherence to inclusion criteria.
- Quality assessment done using Hierarchy of Evidence and Pedro Scales.
- Articles were grouped according to yoga frequency: 1) multiple sessions per week, 2) one session per week for more than one week, 3) single yoga session studies.

SEARCH METHODOLOGY



RESULTS

Multiple sessions per week:

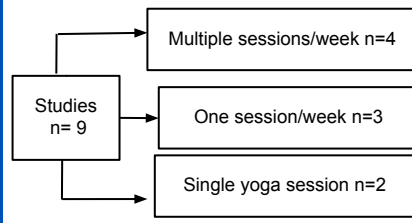
- Yoga was effective at increasing quality of life and decreasing anxiety.
- Most effective & feasible in inpatient setting.

One session per week:

- This frequency more feasible & effective.
- Online support group beneficial to patients and parents.

Single yoga session:

- Positive results, but did not provide sufficient long term impact.



LIMITATIONS

- Small number of studies met inclusion criteria.
- Limited research on yoga therapy and its effects on children.
- Strictly yoga-based therapy was included in this systematic review.

FUTURE RESEARCH

- Improved randomization is needed to confirm these results
- Future studies could incorporate use of meditation or combination of yoga and meditation in therapy.

PHYSICAL THERAPY IMPLICATIONS

To use yoga therapy as a physical therapy intervention, more consistency is needed in:

- number of treatment sessions
- length of sessions
- yoga techniques
- frequency of sessions



CONCLUSION

- The benefits of yoga have been studied extensively in the adult population and has been shown to be helpful in treating the psychosocial impacts of cancer by improving mood, anxiety, and fatigue.
- This review has revealed that yoga may have similar effects for pediatric patients with cancer.
- Most effective treatment length: one session each week for a number of weeks.
- Yoga as a component of inpatient cancer treatment may be the most effective treatment setting.
- Findings from this study have poor external validity, but the results open up areas for further research.

REFERENCES

